

# Cross Country

This guide will explain how the Cross Country season operates.

Firstly the date for moving age groups is Sept 1<sup>st</sup> so some may be different from the summer season – if in doubt speak to your coach.

Please advise your availability via the Google Form which should have been emailed to you or follow this link <http://goo.gl/forms/r7OCa3ti76> the link can also be found on our social media platforms.

**Leagues** we compete in the East District XC League, which has three meetings. There is no team selection for this league you simply turn up, report to the club banner to collect your number and run, however it is very helpful if we know in advance who is likely to turn up so we ask that you still complete the Google Form.

Finishers will count towards the score for their age group team, although the number of counting finishers varies depending on the age group.

**East District Champs & National Championships\*** The club will submit a Club Entry Form for all those who wish to run based on the replies from the form, and an entry fee is applicable. We will double check with those who indicate they wish to enter prior to sending any entry.

**XC Relay Events\*** Team Managers will select the teams from the returned forms. (A returned form does not guarantee selection.) The club will pay the entry fee

\* Under 11's are not permitted at Championship or Relay events for XC

**Club Championship XC Criteria** - please consider this when entering events to allow all to meet their Age Group criteria.

**U11's:** There are the 3 East League meetings and the Club's Christmas Handicap race. In order to be considered you have to compete in at least 3 of the 4 races. Points are allocated as follows. One point for the 1<sup>st</sup> placed FVH finisher, Two points for the 2<sup>nd</sup> placed FVH finisher ..... and so on.

At the end of the season the points are added together for the best 3 meetings and the winner is the athlete with the lowest number of points. If there is a tie on points for 1<sup>st</sup> place the athlete with the most 1<sup>st</sup> FVH places wins. If there is still a tie the head to head record will then be used.

**ALL OTHER AGE GROUPS:** There are 3 East League meetings **plus** the East District and National Championship races. You have to compete in at least 4 of the 5 races. Points are allocated as above

At the end of the season the points are added together for the best 4 races and the winner is the athlete with the least number of points. If there is a tie for 1<sup>st</sup> place then, for those who are tied, the athlete with the lowest number of points (i.e. highest finishing position) in the National wins. This also applies for Silver and Bronze medals.

## **Team Coordinators**

Junior Girls and Senior Women – Allison Christie

Junior Boys – David Hart

Senior Men – Ben Stevenson

They will need help on the day from willing volunteers to hand out race numbers and recording teams at the finish line. If you can help please email [fvhevents@gmail.com](mailto:fvhevents@gmail.com)

